

Mess Hall Menu 10 – 16 November 2011

## Thursday, 10 November 11

### **Breakfast**

Fried eggs to order, omelets to order  
Scramble eggs and hard cooked eggs  
Western Scrambled Eggs  
Oatmeal and cold cereals  
Sausage Patties  
Oven Fried Bacon  
Potato and Herbs  
Sausage Gravy w/ biscuits  
Pancakes / Waffles

### **Market Lunch and Dinner**

Cream of Broccoli Soup  
Yankee Pot Roast  
Chicken and Dumplings  
Parsley Fresh Potatoes  
Confetti Rice  
Brown gravy  
Corn on the Cob  
Peas  
Jardinière Sauce  
Dinner Rolls  
Streusel Topped Apple Cobbler

### **Fusion Lunch and Dinner**

Chicken Fajitas  
Beef Fajitas  
Tortillas  
Beans Fiesta  
Cilantro Rice  
Sour Cream  
Salsa  
Lettuce/Tomatoes/Cheese

## Friday, 11 November 11

### **Breakfast**

Fried eggs to order, omelets to order  
Scramble eggs and hard cooked eggs  
Pasta Scrambler  
Oatmeal and cold cereals  
Oven Fried Bacon  
Sausage Patties

Cottage Fried Potatoes  
Creamed beef w/ biscuits  
French Toast / Waffles

**Market Lunch and Dinner**

New England Clam Chowder  
Roast Turkey  
Batter Dip Fish  
Au Gratin Potatoes  
Broccoli, Cheese and Rice  
Vegetable Blend  
Turkey Gravy  
Corn  
Toasted Garlic Bread  
Peach Cobbler

**Fusion Lunch and Dinner**

Bean Burritos  
Burrito Carne Asada  
Cilantro Rice  
Beans Fiesta  
Sour Cream / Salsa  
Lettuce / Cheese

## Saturday, 12 November 11

**Breakfast Brunch**

Turkey Noodle Soup  
Breakfast Burrito  
Fried eggs to order, omelets to order  
Scramble eggs and hard cooked eggs  
Hot and cold cereals  
Grilled Ham Slices  
Oven Fried Bacon  
Cottage Fried Potatoes  
Sausage Gravy w/ biscuits  
French Toast / Waffles  
Italian Breakfast Pizza  
Grilled Chicken Breast Sandwich  
Cheeseburger / Hamburger / Hot Dog  
French fries / Onion Rings / Baked Beans

**Market Lunch and Dinner**

Turkey Noodle Soup  
Beef Lasagna

Caribbean Chicken  
Cilantro Rice  
Savory Summer Squash  
French Style Green Beans  
Toasted Garlic Bread

## Sunday, 13 November 11

### **Breakfast Brunch**

Bean with Bacon Soup  
Fried eggs to order, Omelets to order  
Scramble eggs and hard cooked eggs  
Monterey Egg Bake  
Oatmeal and cold cereals  
Baked Sausage Patties  
Oven Fried Bacon  
Hash Brown potatoes  
Creamed Beef w/ biscuits  
Grilled Chicken Breast Sandwich  
Cheeseburgers / Hamburgers / Hot Dog  
French Fries / Onion Rings / Baked Beans  
Pancakes / Waffles

### **Market Lunch and Dinner**

Bean with Bacon Soup  
Teriyaki Beef Strips  
Baked Stuffed Fish  
Baked Macaroni and Cheese  
Ginger Rice  
Mixed Vegetables  
Stewed Tomatoes  
Dinner Rolls

## Monday, 14 November 11

### **Breakfast**

Fried eggs to order, omelets to order  
Scramble eggs and hard cooked eggs  
Oatmeal and cold cereals  
Monterey Egg Bake  
Oven Fried Bacon  
Sausage patties  
Home fried potatoes  
Creamed Beef w/ biscuits  
Pancakes / Waffles

**Market Lunch & Dinner**

Hearty Winter Vegetable soup  
Roasted Chicken Fricassee  
El Rancho Stew  
Rice Pilaf  
Chicken gravy  
California Blend Vegetables  
Peas  
Cheese Drop Biscuits  
Apple Cobbler

**Fusion Lunch and Dinner**

Shrimp noodle bowl  
Beef noodle bowl  
Steamed carrots  
Lo Mein noodles  
Fortune Cookie  
Assorted Pizzas

## Tuesday, 15 November 11

**Breakfast**

Fried eggs to order, omelets to order  
Scramble eggs and hard cooked eggs  
Country Style Scrambled Eggs  
Oatmeal and cold cereals  
Oven Fried Bacon  
Grilled Sausage Patties  
O'Brien Potatoes  
Sausage Gravy w/ biscuits  
French Toast / Waffles

**Market Lunch & Dinner**

Chili Con Carne  
Roasted Chicken Garlic & Lime  
Pasta Primavera  
Steamed Rice  
Calico Corn  
Green Beans  
Corn Bread  
Cherry Cobbler

**Fusion Lunch and Dinner**

Chicken Fajita Fiesta Taco Salad  
Beef Fajita Fiesta Taco Salad  
Taco Salad (bowl or chips)  
Mexican Rice  
Beans Fiesta  
Fresh Cilantro and onions  
Assorted Pizzas

## Wednesday 16 November 11

### **Breakfast**

Fried eggs to order, omelets to order  
Scramble eggs and hard cooked eggs  
Potato, Tomato and Garlic Frittata  
Oatmeal and cold cereals  
Sausage Patties  
Oven Fried Bacon  
Lyonnais Potatoes  
Creamed Beef w/ biscuits  
Pancakes / Waffles

### **Market Lunch and Dinner**

Turkey Noodle Soup  
Kansas City BBQ Brisket  
Sweet and Sour Pork  
Baked Macaroni and Cheese  
Fried Rice  
Scalloped Cream Style Corn  
Vegetable Stir Fry  
Dinner Rolls  
Blueberry Cobbler

### **Fusion Lunch and Dinner**

Southwest Chicken Strip Salad  
Southwest Flank Salad  
Parmesan Focaccia  
Toasted Garlic bread  
Assorted Pizzas